

The Invitation

Volume I, Issue I

Fall Edition

Utah ranked #1 in Volunteering!

Volunteering in Utah:

- 879,600 volunteers
- 45.2% of residents volunteer - ranking Utah **1st** among the 50 states.
- Volunteers give 161.9 million hours of service yearly.
- Volunteers average 80.1 hours per resident - ranking Utah **1st** among the 50 states.
- \$3 billion dollars worth of service contributed.

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A study by 'Volunteering in America 2009' found that a total of 61.8 million Americans volunteered through an organization in 2008, up one million from the previous year. America's volunteers dedicated more than 8 billion hours of service in 2008, worth an estimated \$162 billion.

While the formal volunteering rate in America remained relatively stable at 26.4 percent, other less formal ways of serving in communities have dramatically increased. The number of people who worked with their neighbors to fix a community problem rose by 31 percent (from 15.2 million in 2007 to 19.9 million in 2008) suggesting an emerging trend of self-organized 'do-it-yourself' service.

The fact that volunteering held steady during a time of high unemployment and foreclosure rates was welcome news to non-profit and government leaders, who are facing increasing demands at a

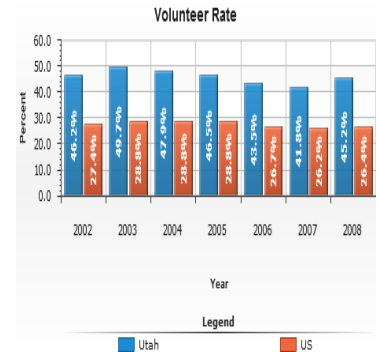
time of dwindling resources.

The report also found an increase in volunteering by young adults (age 16-24), rising from 7.8 million in 2007 to 8.2 million in 2008.

In the wake of declining financial and staff resources, more nonprofits are relying on volunteers.

A study by John Hopkins University shows that over half of the agencies studied have reported that they have increased the number of volunteers they use.

The Volunteering in America website, contains nine years of data on volunteering, and rankings, volunteer trends and demographic information for every state and almost 200 large and mid-sized cities. It is produced to help national, state and local leaders better understand volunteering trends and demographics and use the data to develop effective strategies for recruiting and retaining volunteers.



Utah ranks #1 in volunteering for 4th year!

Their Key State Findings:

For the fourth year in a row, Utah was the top volunteer state with a volunteer rate of 43.5%, followed by Nebraska (38.9%), Minnesota (38.4%), Alaska (38%), and Iowa (37.1%).

Although women are more likely than men to be volunteers – in fact, working mothers have the highest volunteer rates of all – men are more likely to participate in their community in less formal ways.

For more information go to: volunteeringinamerica.gov

Volunteer Opportunities

Become A Pen Pal!

Inspire a child, forge a friendship, share your stories...

We are looking for volunteers who can spend 15 minutes once a week writing to a child from one of our local elementary

schools. Letters are simple introductions and casual conversation. Children will write the first letter, and you respond back weekly.

We need 15-35 volunteers for this program. Please call us today!

For such a small commitment you will get so much back in return.

Active Re-Entry P.A.W.S. Program

Participate in "Pet Therapy". Pets and their volunteers go to hospitals, care centers, special education classes, physical therapy offices or schools, and interact with clients.

Karl Peterson & East Carbon Senior Centers

Volunteer to help with the activities offered at each center, prepare the newsletter for mailing, lead an activity, or help with greeting and serving during lunch.

Castleview Hospital

Join the Volunteer Auxiliary—Work in the gift shop, assist the nursing staff, greet visitors, help with fundraisers, and bringing smiles to the faces of patients.

Rocky Mountain Hospice

Volunteers serve in the homes of people who are terminally ill, providing respite for the caregivers.

Helper Mining Museum

Give tours, help in the gift shop, and greet visitors.

Castle Valley Center

Help with special needs kids during activities, on field trips, or in the classroom.

Castle Country Care Center

Visit with residents, crochet lap quilts, or help with activities.

CEU Museum

Volunteer as a tour guide, help out in the gift shop, the library, in the lab, or out in the field.



Make a Choice. Make A Difference.

CERT Volunteer

Help yourself. Help your neighbors. Be prepared when emergencies strike. See our calendar for class times. Call us for more details.

Youth & Families with Promise

Become a mentor for a child. Volunteers spend 1-2 hours, once a month sharing their time with a child. Volunteers are also asked to spend one evening a month with the child and their family/or young adult mentor, engaged in a fun activity - dinner is provided.

Read to a Child!

Every elementary school is in need of volunteers who can spend a few hours, once or twice a week, helping children who are struggling to read. A listening ear and patience is all it takes to make a huge impact in a little one's life.

To find out about all of the many volunteer opportunities that we offer, visit us at www.carbon.utah.gov/volunteer, or call us at #636-3204 for more information.

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has." —Margaret Mead

Health Wise

Cinnamon helps keep blood glucose under control. Adding one teaspoon of ground cinnamon—not cinnamon flavoring—to your daily diet boosts the body's synthesis of glucose-burning enzymes. *Smart idea:* Add cinnamon to juices and other drinks, oatmeal,



Gardening builds stronger bones!

casseroles, etc.

Did you know....gardening builds bone better than walking or most aerobic workouts? Only weight training is more effective. *Reason:* Gardening typically requires more extensive weight bear-

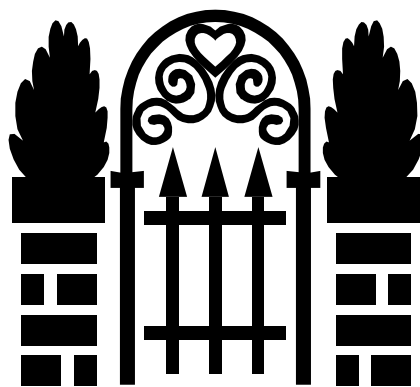
ing movements, such as pushing a mower, pulling weeds, and digging holes. *Bonus:* Because gardening is performed outdoors, the body is also exposed to sunlight, which produces bone-building Vitamin D. Just be sure to apply sunscreen before heading outdoors to prevent excessive sun exposure.

Shining Star

Dell Cloward has been a volunteer at the Food Bank for the last 13 years. We have heard from so many people about the value and care he gives to all he does.

Director of the Food Bank, Jackie Butkovich had this to say about him:

"Dell is the perfect food bank volunteer. He checks in with us every day to see if we need anything done or anything picked up. He uses



Dell Cloward at work in the Community Garden.

his own personal truck to haul or pick up food. He is our forklift operator for all truck deliveries. He even maintains the forklift for the agency. He is always

available for food drives, to weigh food, sort food, or receive food. For seven years he has planted and maintained a wonderful Community Garden for the food bank. This Community Garden produces fresh vegetables for our food bank clients. He always

finds someone to donate the starter plants and every morning you will find him working in the garden, donating his time, weeding and picking vegetables. Dell serves on our Community Service Tripartate Board and on our FEMA Board. He never misses a meeting and is always willing to participate in whatever is asked of him. Dell is reliable and dependable. If something needs to be done you can always call on Dell. He is a genuine asset to the food bank and to our Community."

It is an honor for us to spotlight Dell this quarter, and say "Thank You" for being a Shining Star in our community!

Service Spotlight

Hunger is an issue in every community, and Carbon County is no different. There are many residents who struggle to meet their daily food requirements. With economic downturn and a rising unemployment rate, the Carbon County Food Bank is feeling the pinch. Even as more

residents need help, less funding and donations are coming in. The Food Bank uses volunteers to help with stocking and organizing shelves, attending to customers, loading food into carts, and helping

with food drops. Volunteers are also needed to help in the Community garden - planting, weeding, watering, and tending to plants on a daily basis. The Food Bank serves over 300 families monthly.

*"Everyone can be great,
because everyone can serve."*

—Martin Luther King, Jr.

Tidbits

How to Improve Your Golf Game If You're Over 50.

As golfers get older, their backswing gets shorter. And when the backswing gets too short, you lose distance, accuracy, and consistency.

Fortunately, you can regain your



form and improve your game by making some simple adjustments:

First, make sure you hold the club lightly. *Reason:* Gripping too tightly tenses the arm and shoulder muscles, restricting the backswing.

Second, put more weight on your right foot, especially on full swings

with woods and longer irons. *Result:* A head start on your swing and less weight to shift.

Third, turn your chin to the right (or left, if you're left handed) as you start your backswing. If it throws your timing off, cock your chin in the direction of your backswing before you swing.

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Carbon County RSVP & Volunteer Center

Responding to Community Needs through Volunteer Service.

www.carbon.utah.gov/volunteer

Calendar of Events

October

7th—Volunteer Timesheets due for October—mail, drop-off, or email.

24th—Make A Difference Day.

Volunteer to make a difference today in your neighborhood, church, organization, or family. One simple act of kindness can go a long way! Visit us online, or give us call to find out what we are doing to “Make A Difference”!

31st—Happy Halloween!



November

5th—Begin CERT training, Week 1 (6 week class, held each Thursday) 1 p.m.—4 p.m., CEU

6th—Volunteer Open House, 10AM– 4PM, RSVP office

9th—Volunteer Timesheets due for October—mail, drop-off, or email.

12th—CERT training, Week 2 1 p.m.—4 p.m., CEU

19th—CERT training, Week 3 1—4 p.m., CEU

26th—Happy Thanksgiving!

December

3rd—CERT training, Week 4 1 p.m.—4 p.m., CEU

7th—Volunteer Timesheets due for November—mail, drop-off, or email.

10th—CERT training, Week 5 1 p.m.—4 p.m., CEU

17th—CERT training, Week 6 1 p.m.—4 p.m., CEU

25th—Merry Christmas!!

26th-Jan4—Our office will be closed for the holidays.

"Be the change you wish to see in the world."

~ *Gandhi*